



Adaptive Programs Summer 2018



We are pleased to provide inclusive recreational opportunities and welcome individuals of all abilities in our recreational programs. Adaptive programs are specialized to be accommodating for individuals with disabilities or specific needs. To request individualized inclusive services or for questions about Adaptive programs, contact our Therapeutic Recreation Programmer by calling 540-658-5116.

Pre-registration is required for all Adaptive Programs

Sensory Play Day

Ages 2-5

Bring your child in for a day of sensory discovery! From ooey and gooey to rough and ridged, there will be numerous sensory bins and tactile stations for your child to explore! Children must be supervised by an adult at all times.

Bring them in clothes you don't mind getting messy!

\$6 (\$8 non-res)

Rowser Complex

Tuesday, July 17th

10:30 a.m. - 11:30 a.m.

Registration deadline: July 13th



Let's Talk About Health

Ages 22-40

You will be introduced to the fundamentals of maintaining a healthy lifestyle. We will be discussing a new topic each week; healthy cooking, home exercises, managing stress, and more. Hands-on activities and demonstrations will help to start you on a track to becoming a healthier you! Program intended for individuals with intellectual disabilities.

\$10 (\$12 non-res)

Rowser Complex

Tuesday nights, July 10th - 31st

5:30 p.m. - 6:30 p.m.

Canvas Creations

Ages 15-30

With the help of visual and hands-on instructions, we will assist you in the step-by-step process of painting your own masterpiece! We will be creating a new acrylic painting each month. Paintbrushes designed to assist with fine motor impairments will be available. No prior experience necessary.

\$20 (\$25 non-res)

Rowser Complex

Wednesday, August 8th

Painting: Cactus Skies →

6:00 p.m. - 7:30 p.m.





Cultural Exploration Club



Ages 14 - 18

**\$20 (25 non-res)
per month**

This club will increase your knowledge of different cultures in a friendly and engaging environment. We will make crafts, occasionally sample cultural cuisine, and learn about different languages and traditions.

We will be exploring the cultures of Japan, Mexico, Ireland, and more!
Club meets 2nd and 4th Thursday of each month. Pre-registration required.

July	August
12th & 26th	9th & 23rd

6:00pm – 7:00pm

Rowser Complex

THIS PROGRAM IS INTENDED FOR INDIVIDUALS WITH INTELLECTUAL DISABILITIES.